

ORDERING REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
Leeds LS7 2AA
West Yorkshire

Tel: Country Code: 0345-089009
Fax: 0113-2411120

- The MODEL NUMBER of the product (HRAW56073).
- The NAME of the product (HealthRider® AEROFLYER).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) from page 14 of this manual.

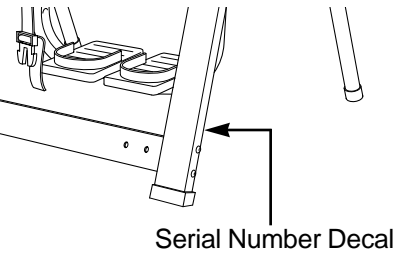
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Part No. 139412 R0897A

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Model No. HRAW56073
Serial No. _____
Write the serial number in the space above for future reference.



QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Service Department.

Please CALL:
0345-089009

Or WRITE:
ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
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Leeds LS7 2AA
West Yorkshire

CAUTION

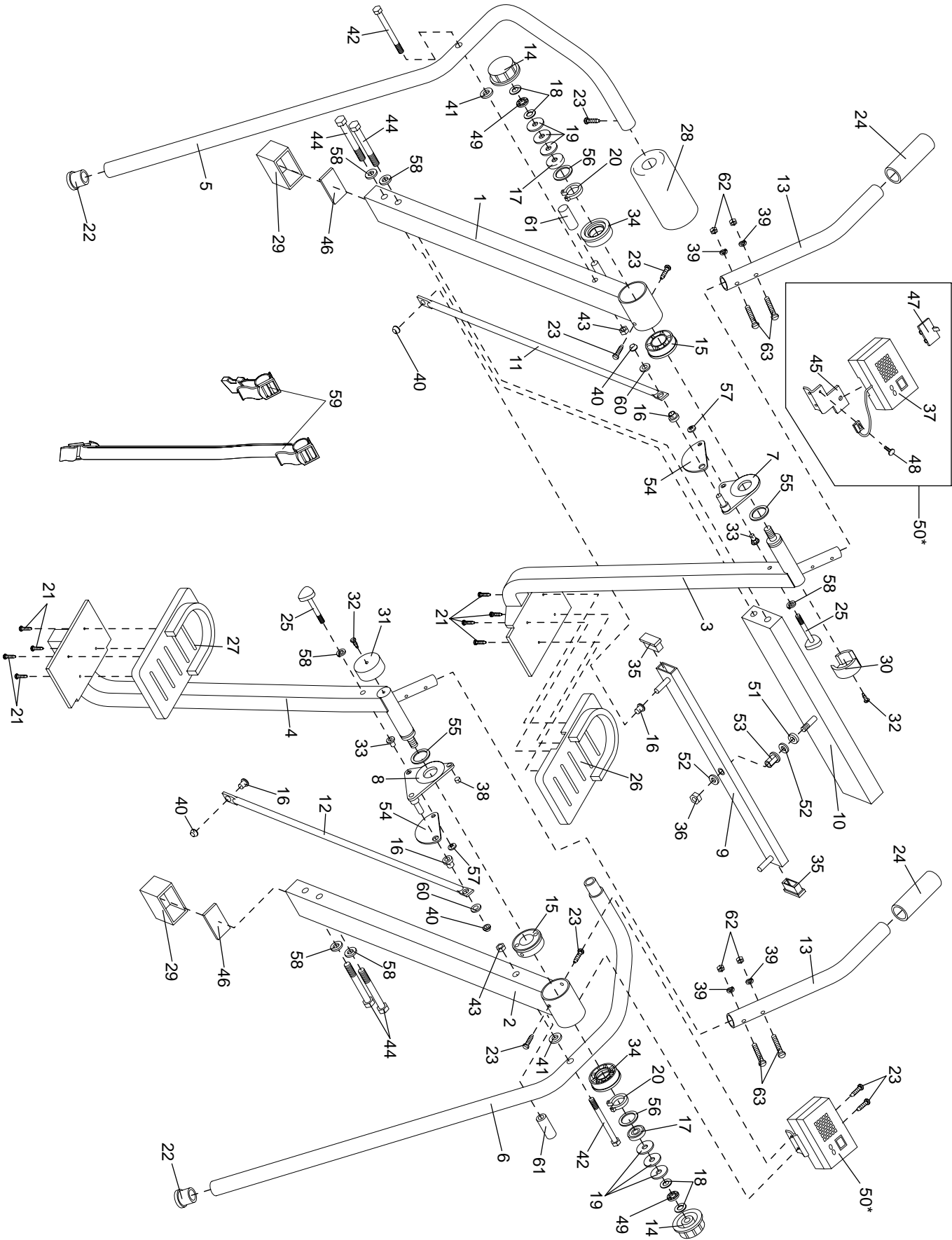
Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.



USER'S MANUAL

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Key No.	Qty.	Description	Key No.	Qty.	Description
1	1	Left Upright	35	2	Rocker Arm Endcap
2	1	Right Upright	36	1	1/2" Nylon Locknut
3	1	Left Leg	37	1	Electronic Monitor
4	1	Right Leg	38	1	Magnet
5	1	Left Frame Section	39	4	1/4" Lock Washer
6	1	Right Frame Section	40	4	3/8" Axle Cap
7	1	Left Pivot Bracket	41	2	Plastic Spacer
8	1	Right Pivot Bracket	42	2	3/8" x 5 1/2" Screw
9	1	Rocker Arm	43	2	3/8" Nylon Locknut
10	1	Crossbar	44	4	3/8" x 4" Screw
11	1	Left Link Arm	45	1	Monitor Bracket
12	1	Right Link Arm	46	2	Frame End Plate
13	2	Handle	47	1	Battery Cover
14	2	Resistance Dial	48	1	#8 x 1/2" Monitor Screw
15	2	Friction Disk w/Spacer Plate	49	2	Thrust Bearing
16	4	Bronze Bushing	50*	1	Monitor Assembly
17	2	Friction Cup	51	1	Weld Spacer
18	4	Thrust Washer	52	2	1/2" Washer
19	6	Tension Washer	53	1	"D" Bushing
20	2	Snap Ring	54	2	Finger Guard
21	8	#8 x 1/2" Screw	55	2	Phoenix Ring
22	2	Rubber Foot	56	2	1" x 1 3/4" Washer
23	7	#8 x 3/4" Screw	57	2	Pushnut
24	2	Handgrip	58	6	3/8" Lock Washer
25	2	Lock Knob	59	1	Nylon Belt
26	1	Left Pedal Cover	60	2	3/8" Flat Washer
27	1	Right Pedal Cover	61	2	Rubber Sleeve
28	1	Hip Pad	62	4	1/4" Nylon Locknut
29	2	Upright Endcap	63	4	1/4" x 1 1/2" Bolt
30	1	Left Leg Cover	#	1	User's Manual
31	1	Right Leg Cover	#	1	Allen Wrench
32	2	1/8" Tree Fastener			
33	2	Hex Bushing			
34	2	Hub Resistance Bushing			

* Includes all parts shown in the box
Non-illustrated part

Note: Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read the following important precautions before using the AEROFLYER.

1. Read all instructions in this manual before using the AEROFLYER.

2. It is the responsibility of the owner to ensure that all users of the AEROFLYER are adequately informed of all warnings and precautions.

3. Use the AEROFLYER only as described.

4. Use the AEROFLYER only on a level surface. Cover the floor beneath the AEROFLYER to protect the floor or carpet.

5. Make sure that there are no persons or obstacles within two feet (50 cm) of the front or back of the AEROFLYER.

6. Inspect and tighten all parts of the AEROFLYER regularly. Replace any worn parts immediately.

7. Keep children under 12 and pets away from the AEROFLYER at all times.

8. The AEROFLYER should not be used by persons weighing more than 250 pounds (115 kg).

9. Keep hands and feet away from moving parts.

10. Do not wear loose clothing that could become caught on the AEROFLYER.
11. Always wear athletic shoes for foot protection when exercising on the AEROFLYER.

12. When you are getting onto and off the AEROFLYER, tighten the resistance dials, hold the handles firmly, and centre your body weight directly over the pedals.

13. Always wear the nylon belt when using the AEROFLYER.

14. Always hold the handgrips on the handles or place your hands beside the hip pad on the frame when using the AEROFLYER.

15. If you feel faint, dizzy, or short of breath while exercising, stop immediately and begin cooling down.

16. When the AEROFLYER is not in use, always fold it to the storage position and unbuckle the nylon belt.

17. When folding the AEROFLYER for storage, hold the resistance dials to prevent your hands from being pinched.

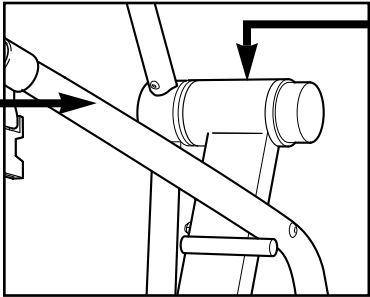
18. The AEROFLYER is intended for home use only. Do not use the AEROFLYER in any commercial, rental, or institutional setting.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. HealthRider assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

The decals shown below have been placed on the AEROFLYER. If one of the decals is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal. Apply the decal in the location shown.

⚠ WARNING

- Never allow children to play on or around the AeroFlyer.
- Fold up AeroFlyer when not in use.
- The safety belt may present a hazard to children.
- Unbuckle safety belt when the AeroFlyer is not in use.



⚠ CAUTION

Do not allow children on or around machine.

Keep hands and feet away from moving parts and contact points.

Read owner's manual and follow instructions.

14

3

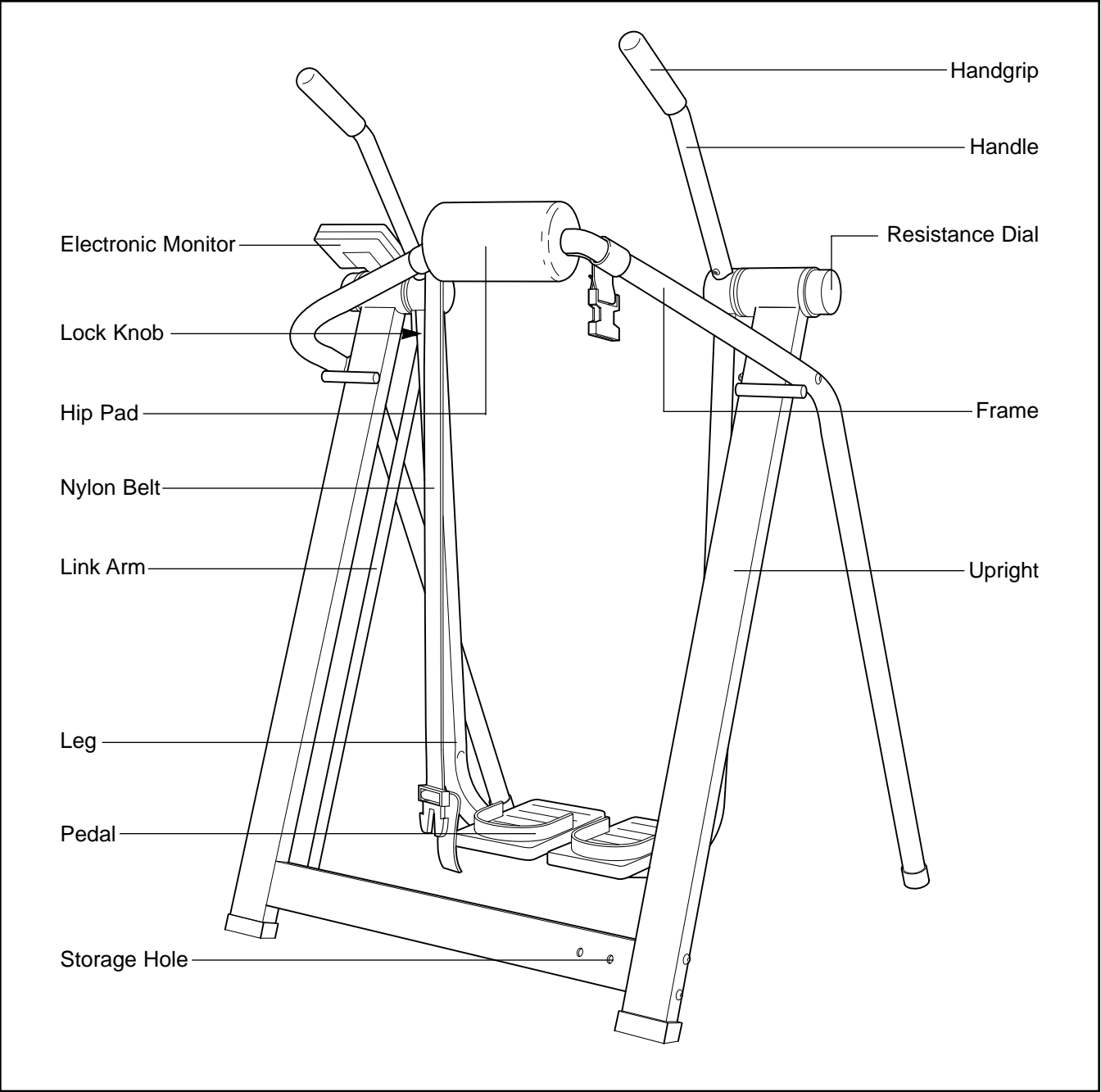
BEFORE YOU BEGIN

Thank you for selecting the innovative HealthRider® AEROFLYER. The AEROFLYER blends advanced engineering with contemporary styling to provide you with a no-impact, total body workout in the convenience and privacy of your own home.

For your benefit, read this manual carefully before using the AEROFLYER. If you have additional questions, please call our Customer Service Department at 0345-089009. To help us assist you, please note the

product model number and serial number before calling. The model number is HRAW56073. The serial number can be found on a decal attached to the AEROFLYER (see the front cover of this manual for the location of the decal).

Before reading further, please review the drawing below and familiarise yourself with the parts that are labelled.



Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone.

A cool-down, with 5 to 10 minutes of stretching. Thorough stretching helps to offset problems caused when you stop exercising suddenly. Stretching for increased flexibility is also most effective after exercising. A proper cool-down should leave you relaxed and comfortably tired.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired.

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown in the drawings at the right. Move slowly as you stretch—never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

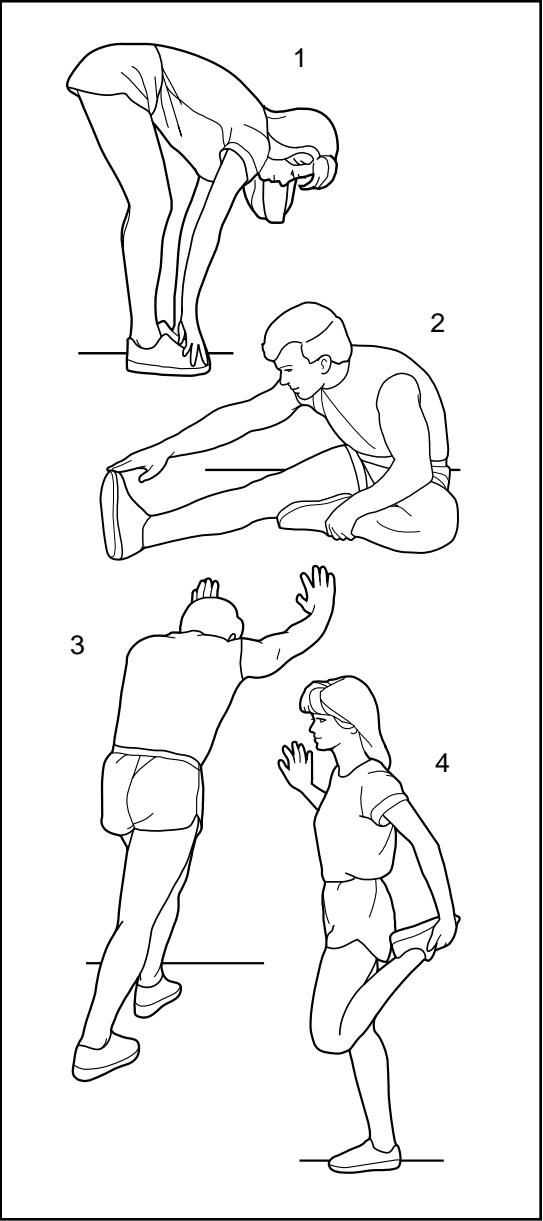
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



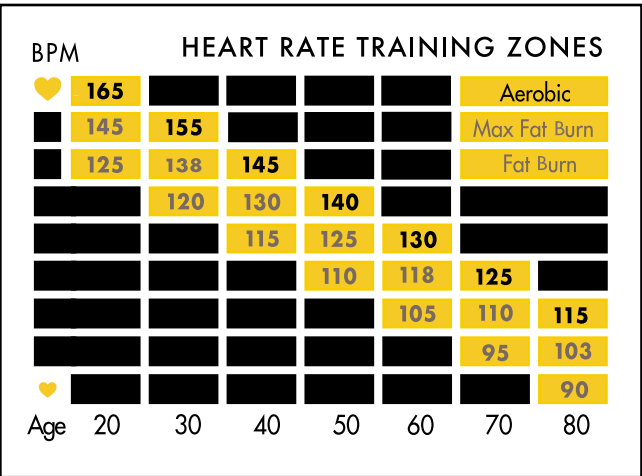
CONDITIONING GUIDELINES

The following general guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

EXERCISE INTENSITY

Whether your goal is to burn fat or strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise. (This chart is also found on the console.)



To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning, the middle number is the recommended heart rate for maximum fat burning, and the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for ener-

gy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust your pace or the resistance until your heart rate is near the lowest number in your training zone as you exercise.

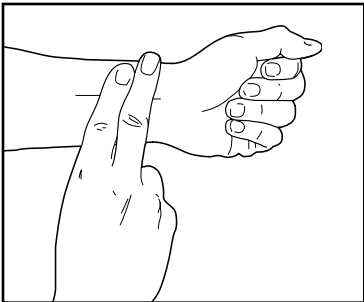
For maximum fat burning, adjust your pace or the resistance until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust your pace or the resistance until your heart rate is near the highest number in your training zone as you exercise.

HOW TO MEASURE YOUR HEART RATE

To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heart-beat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heart-beat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)



Adjust the intensity of your exercise until your heart rate is at the desired level. You can adjust the intensity of your exercise by changing your pace or by adjusting the resistance.


WORKOUT GUIDELINES

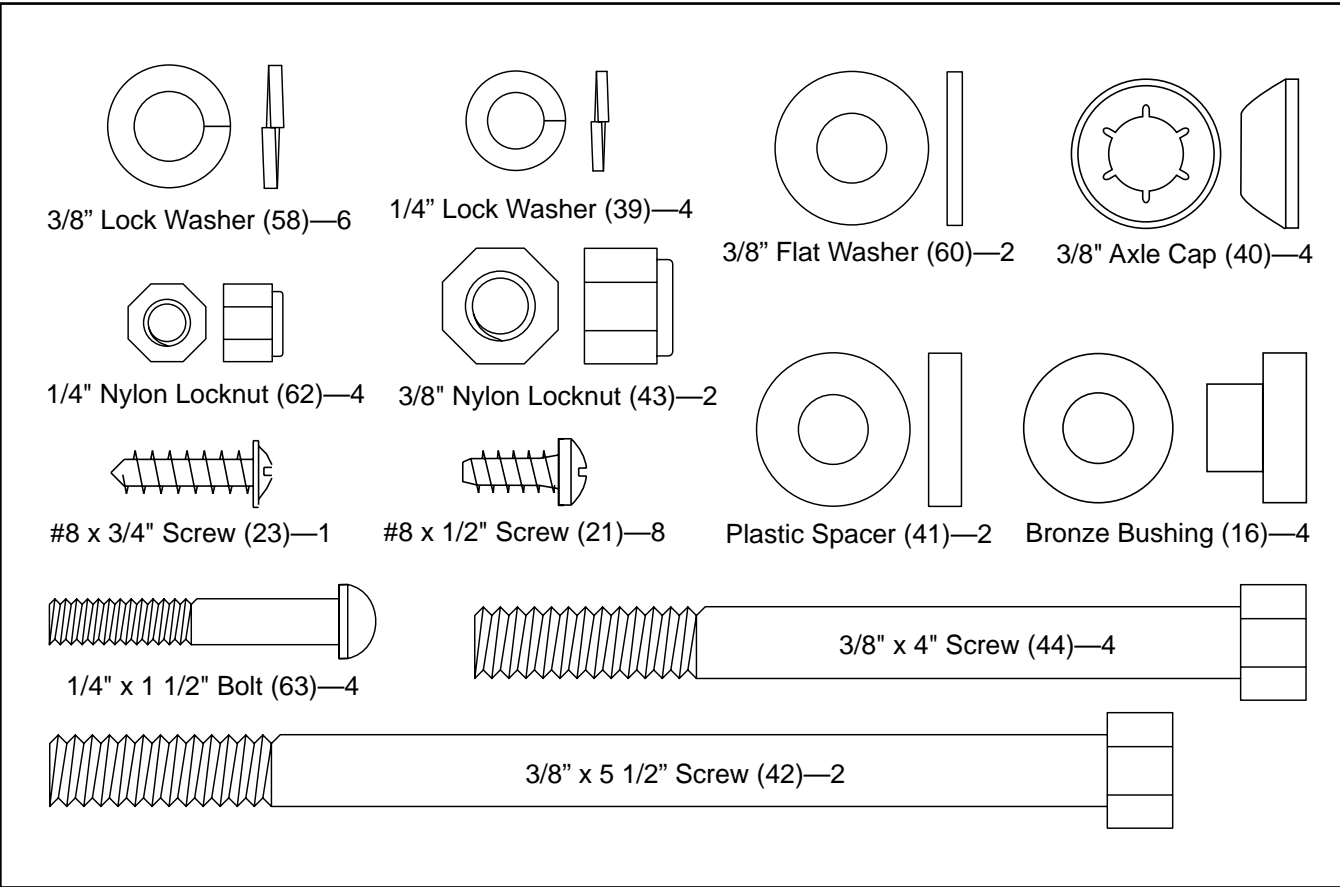
Each workout should include the following three parts:
A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases the body temperature, heart rate, and circulation in preparation for strenuous exercise.

ASSEMBLY

Assembly requires two people. Place all parts of the AEROFLYER in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Read through all steps before beginning assembly. As you assemble the AEROFLYER, make sure that all parts are oriented as shown in the drawings. Tighten all parts as you assemble them, unless instructed to do otherwise. Refer to the drawings below to identify the small hardware used in assembly. **Note: If a part is not found in the parts bag, check to see if it has been pre-attached.**

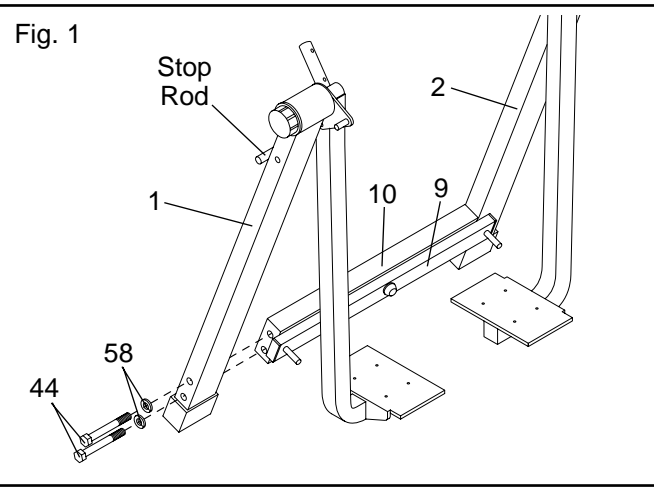
Assembly requires the included allen wrench and your own hammer , **phillips screwdriver** , **and two adjustable spanners** .



- 1. **Read all instructions at the top of this page before beginning assembly.**

Refer to the drawing at the right and identify the Left and Right Uprights (1, 2). Note the location of the stop rods.

Turn the Crossbar (10) so the Rocker Arm (9) is at the top. Attach the Crossbar to the Left Upright (1) with two 3/8" x 4" Screws (44) and two 3/8" Lock Washers (58). **Do not tighten the Screws yet.** Attach the Crossbar to the Right Upright (2) in the same manner.



- Refer to figure 2b. Slide a Finger Guard (54) onto the pins on the Left Pivot Bracket (7). Note: The Finger Guards may already be attached.

Find the Left Link Arm (11), which is labelled with a "left" sticker. Make sure that there is a Bronze Bushing (16) in each end of the Link Arm. Slide one end of the Link Arm onto the indicated pin on the Left Pivot Bracket (7). Slide a 3/8" Flat Washer (60) onto the same pin and tap a 3/8" Axle Cap (40) onto the pin. Slide the other end of the Link Arm onto the pin on the Rocker Arm (9). (Note: It may be necessary to pivot the Rocker Arm and the Left Leg [3] slightly.) Tap a 3/8" Axle Cap (40) onto the pin.

Attach the other Finger Guard and the Right Link Arm (not shown) in the same manner.

- Attach the Right Frame Section (6) to the Right Upright (2) with a 3/8" x 5 1/2" Screw (42), a Plastic Spacer (41), and a 3/8" Nylon Locknut (43). **Do not tighten the Nylon Locknut yet.**

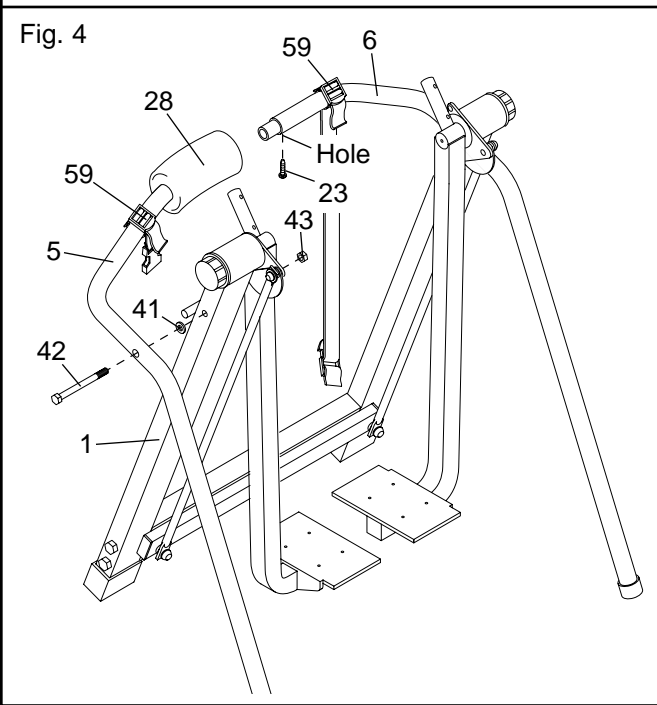
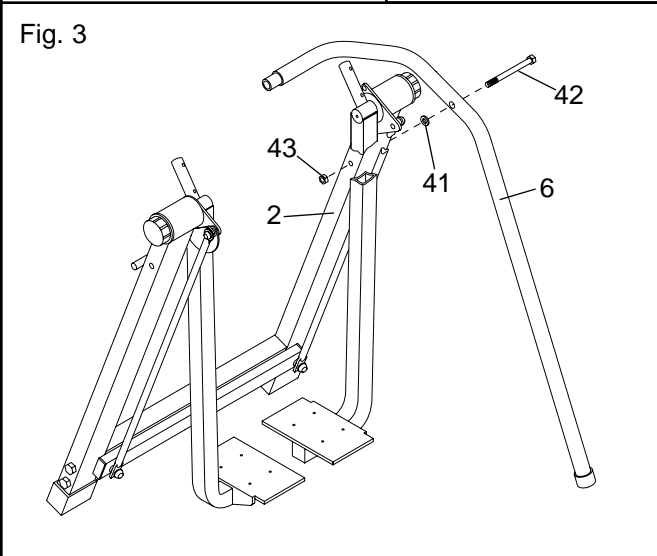
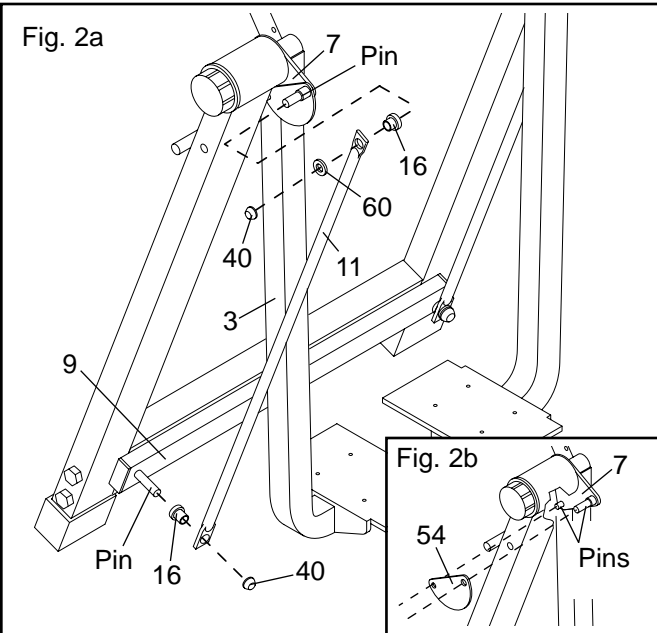
- Slide the long end of the Nylon Strap (59) onto the Right Frame Section (6) as shown. Slide the short end of the Nylon Strap (59) and the Hip Pad (28) onto the Left Frame Section (5).

Slide the Left and Right Frame Sections (5, 6) together. Make sure that the indicated hole is accessible—if necessary, slide the Hip Pad (28) to the side. Attach the Frame Sections with a #8 x 3/4" Screw (23). **Do not tighten the Screw yet.**

Attach the Left Frame Section (5) to the Left Upright (1) with a 3/8" x 5 1/2" Screw (42), a Plastic Spacer (41), and a 3/8" Nylon Locknut (43).

Tighten all parts used in steps 1, 3, and 4. If the parts are not properly tightened, a squeaking noise may occur during use.

Centre the Hip Pad (28) on the Left and Right Frame Sections (5, 6).

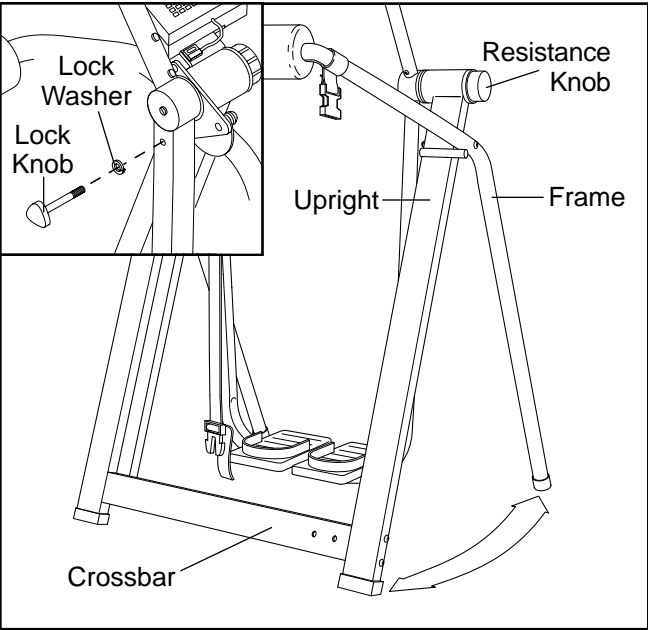


STORAGE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the AEROFLYER regularly. Replace any worn parts immediately. The AEROFLYER can be cleaned with a soft, damp cloth. Keep liquids away from the electronic monitor. Keep the monitor out of direct sunlight or the display may be damaged. Remove the batteries when storing the AEROFLYER.

HOW TO FOLD THE AEROFLYER FOR STORAGE

When the AEROFLYER is not in use, it should be folded to the compact storage position. To fold the AEROFLYER, first remove the lock knobs and lock washers from the legs. Insert the lock knobs and lock washers into the holes in the crossbar. Next, hold the resistance dials and fold the frame and the uprights together. **CAUTION: When the AEROFLYER is not in use, always fold it to the storage position and unbuckle the nylon belt. Place the AEROFLYER in a location where it cannot fall.**

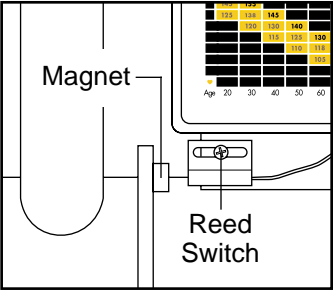


REPLACING THE BATTERIES

If the display of the electronic monitor becomes dim, or if the monitor does not function properly, the batteries should be replaced. To replace the batteries, refer to assembly step 6 on page 7.

HOW TO ADJUST THE REED SWITCH

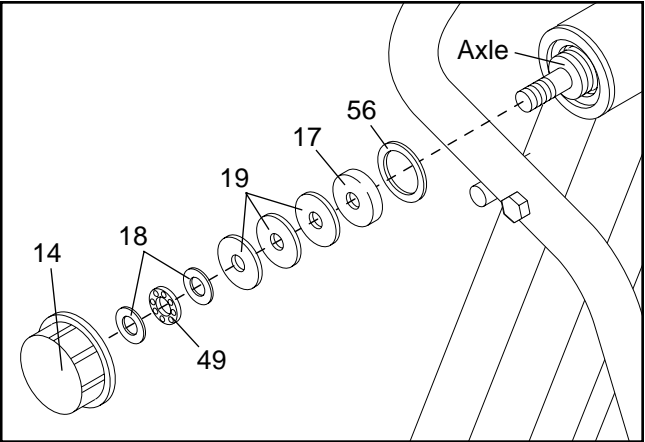
If the speed and distance modes do not display correct information, the reed switch should be adjusted. The reed switch is located below the electronic monitor (see the drawing at the right). Loosen the screw in the reed switch, move the reed switch to the side slightly, and retighten the screw. **Make sure that the reed switch does not hit the indicated magnet when the AEROFLYER is in use.** Repeat until the speed and distance modes display correct information.



HOW TO ELIMINATE UNWANTED NOISE

If the AEROFLYER makes a squeaking noise during use, retighten all of the parts used in assembly.

If the AEROFLYER continues to make noise, turn one of the Resistance Dials (14) counterclockwise and remove it. Next, remove the Thrust Washers (18), Thrust Bearing (49), and Tension Washers (19). Using a small screwdriver, carefully remove the Friction Cup (17). **Make sure that the 1" x 1 3/4" Washer (56) is on the thickest part of the axle.** Reattach all parts, making sure that they are in the positions shown below. Repeat this procedure with the other Resistance Dial.



ELECTRONIC MONITOR MODES

The simple-to-operate electronic monitor offers five different modes to provide instant exercise feedback. The five modes are described below:

Speed—Displays the number of repetitions you are performing per minute.

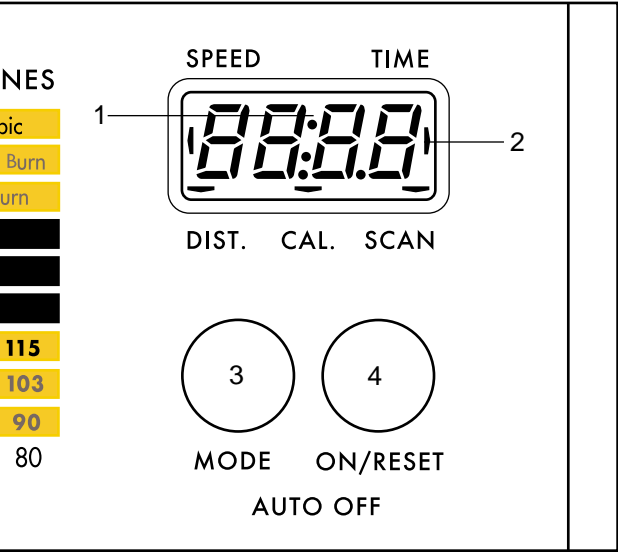
Time—Displays the length of time you have exercised. Note: If you stop exercising for ten seconds or longer, the time mode will pause until you resume.

Distance—Displays the total number of repetitions you have completed, up to “999.” The display will then reset to “0” and continue counting.

Calories—Displays the approximate number of Calories you have burned. Note: If the resistance is near the highest or lowest setting, the actual number of Calories you have burned will be slightly higher or lower than the number displayed.

Scan—Displays the speed, time, distance, and calories modes, for approximately 5 seconds each, in a repeating cycle.

DIAGRAM OF THE ELECTRONIC MONITOR



1. LCD display—Displays all modes.
2. Mode indicators—Show which mode is selected.
3. Mode button—Selects all modes.
4. On/Reset button—Turns the power on and resets all modes.

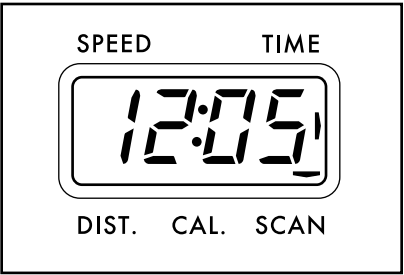
BATTERY INSTALLATION

Before the electronic monitor can be operated, two “AA” batteries must be installed. If you have not installed batteries, see assembly step 6 on page 7.

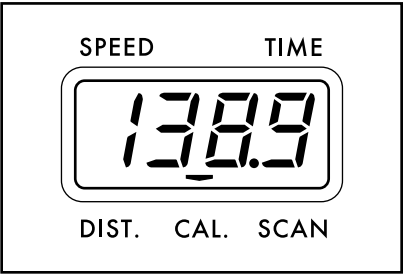
OPERATING THE ELECTRONIC MONITOR

1. To turn on the power, press the on/reset button or simply begin exercising on the AEROFLYER. The entire display will appear for two seconds. The electronic monitor will then be ready for operation.
2. Select one of the five modes:

Scan mode—When the power is turned on, the scan mode will be selected automatically. The scan mode can also be selected by repeatedly pressing the mode button. One mode indicator will show that the scan mode has been selected, and a second mode indicator will show which mode is currently displayed.



Speed, time, distance, or calories mode—These modes can be individually selected by repeatedly pressing the mode button. The mode indicators will show which mode has been selected. (Make sure that the scan mode is not selected.) The modes will be selected in the following order: speed, time, distance, calories, scan.



3. **The monitor has an auto-off feature to turn off the power.** If the pedals are not moved and the monitor buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.

To reset the LCD display, press the on/reset button.

5. Attach the Right Pedal Cover (27) to the lower end of the Right Leg (4) with four #8 x 1/2” Screws (21).

Attach the Left Pedal Cover (26) to the Left Leg (3) in the same manner.

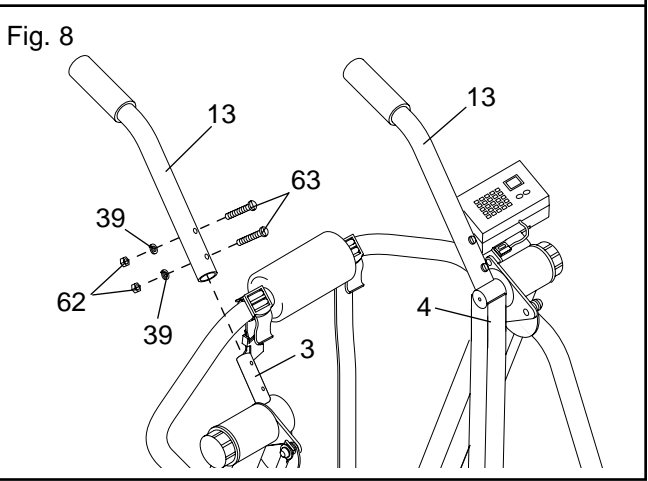
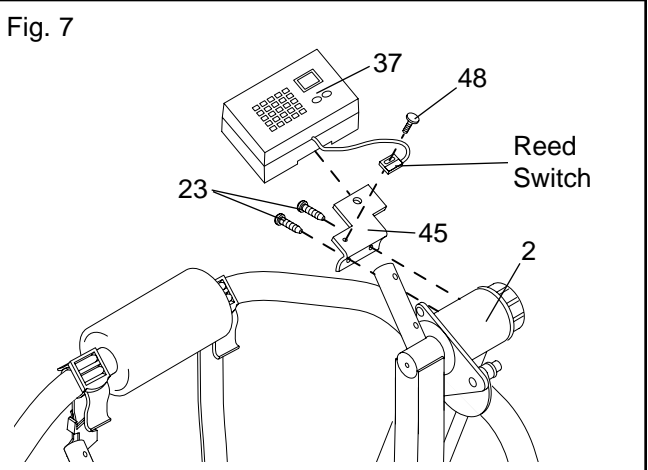
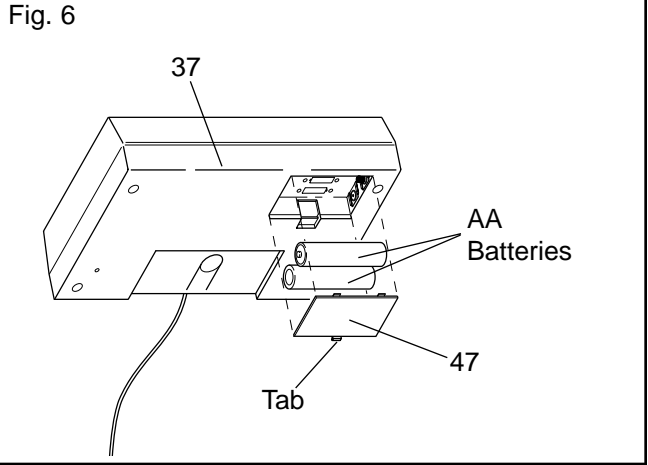
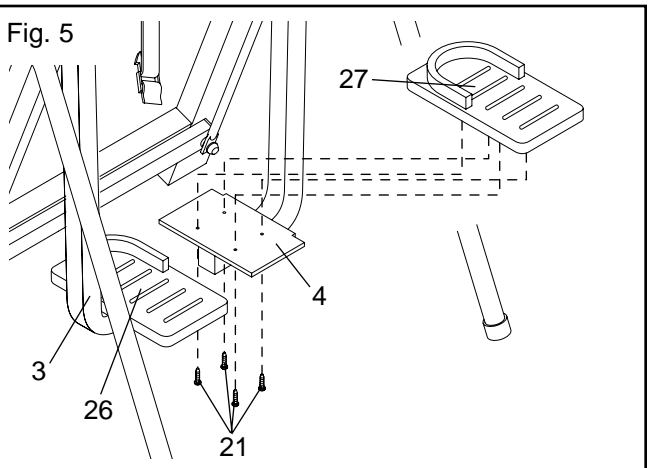
6. The Electronic Monitor (37) requires two “AA” batteries (not included). Alkaline batteries are recommended. Press the tab on the Battery Cover (47) and remove the Battery Cover from the Monitor. Insert two batteries into the Monitor. **Make sure that the negative ends of the batteries (marked “-”) are touching the springs in the Monitor.** Close the Battery Cover.

7. Remove the two indicated #8 x 3/4” Screws (23) from the Right Upright (2). Attach the Monitor Bracket (45) to the Right Upright with the Screws. Slide the Electronic Monitor (37) onto the Monitor Bracket until the tab on the back of the Monitor snaps into the hole in the Monitor Bracket.

Remove the #8 x 1/2” Monitor Screw (48) from the Monitor Bracket (45). Attach the reed switch to the Monitor Bracket with the Monitor Screw. Note: If the Electronic Monitor (37) does not operate properly, see HOW TO ADJUST THE REED SWITCH on page 11.

8. Slide one of the Handles (13) onto the Left Leg (3). Attach the Handle to the Left Leg with two 1/4” x 1 1/2” Bolts (63), two 1/4” Lock Washers (39), and two 1/4” Nylon Locknuts (62).

Attach the other Handle (13) to the Right Leg (4) in the same manner.



9. Attach the Right Leg Cover (31) to the Right Leg (4) with a Tree Fastener (32).

Attach the Left Leg Cover (30) to the Left Leg (3) in the same manner.

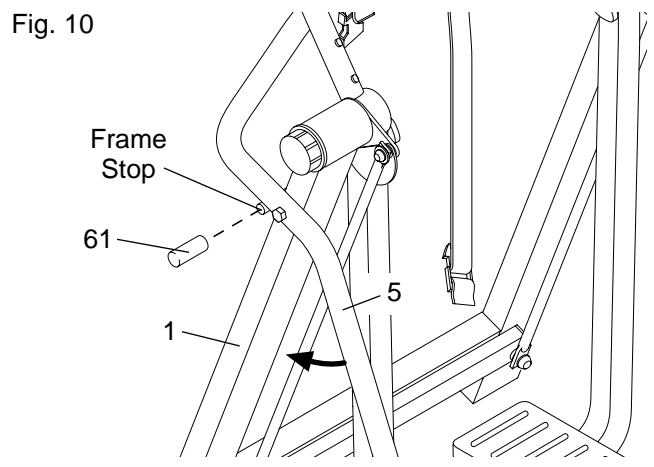
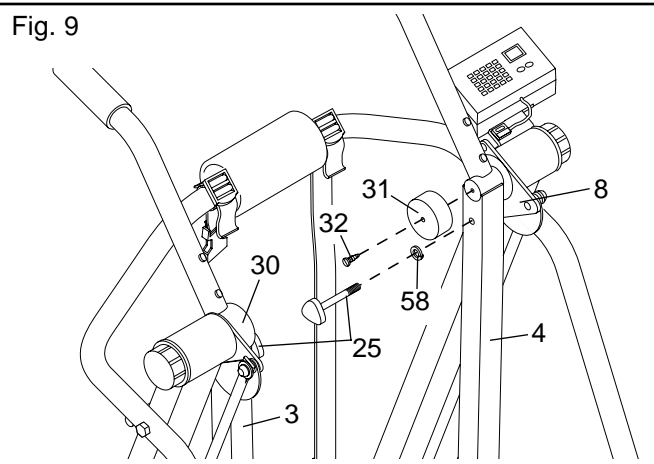
Slide a 3/8" Lock Washer (58) onto a Lock Knob (25). Insert the Lock Knob into the hole near the top of the Right Leg (4). Tighten the Lock Knob into the Right Pivot Bracket (8).

Attach the other Lock Knob (25) to the Left Leg (3) in the same manner.

10. Dampen the left frame stop and the inside of a Rubber Sleeve (61). Pivot the Left Frame Section (5) toward the Left Upright (1) until there is at least one inch of clearance between the frame stop and the Left Frame Section. Slide the Rubber Sleeve onto the frame stop.

Put the other Rubber Sleeve (61) onto the other frame stop in the same manner.

11. Before you use the AEROFLYER, firmly retighten all of the parts used in assembly. If all parts are not properly tightened, a squeaking noise may occur during use.



HOW TO USE THE AEROFLYER

CAUTION: When you are getting onto and off the AEROFLYER, tighten the resistance dials, hold the handles firmly, and centre your body weight directly over the pedals.

CAUTION: Always wear the nylon belt when using the AEROFLYER.

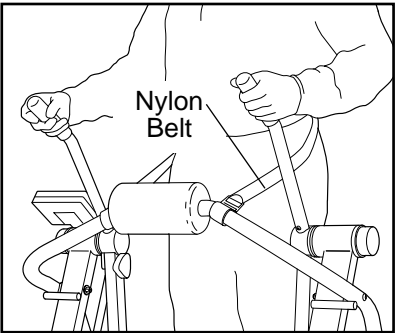
CAUTION: Always hold the handgrips on the handles or place your hands beside the hip pad on the frame when using the AEROFLYER.

The unique AEROFLYER can be used in either the **dependent mode** or the **independent mode**. In the dependent mode, as one pedal moves forward, the other pedal moves back an equal distance. In the independent mode, the pedals move independently of each other, allowing a freer movement.

HOW TO USE THE DEPENDENT MODE

Make sure that the lock knobs are tightened into the legs and pivot brackets (see assembly step 9 on page 8). Tighten the resistance dials, hold the handles, and step onto the pedals.

Wrap the nylon belt around your waist as shown and buckle the ends together. **Make sure that the buckle is fully engaged.** Adjust the length of the nylon belt, if necessary.



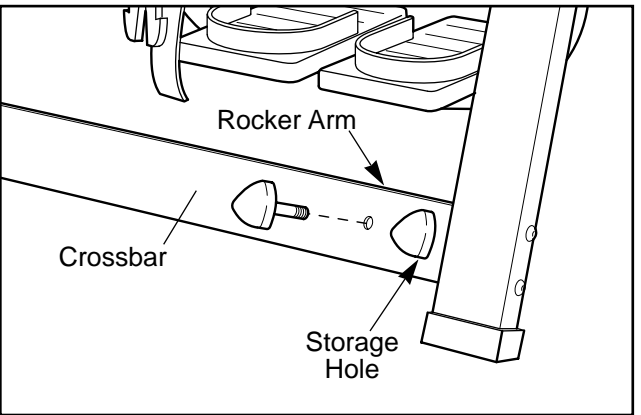
The proper form for exercising on the AEROFLYER is similar to the motion of walking—move one leg forward as you move the other leg back.

For a full body workout, hold the handles as you walk, and move your arms and legs in motion with the handles and pedals. To vary the effect of the exercise, stand erect or lean against the hip pad, or bend your legs slightly instead of keeping them straight.

For a lower body workout, place your hands on the frame beside the hip pad as you exercise.

HOW TO USE THE INDEPENDENT MODE

Remove the lock knobs and lock washers from the legs. Place both lock washers on one lock knob. Insert the lock knob with both washers into the storage hole in the crossbar. Insert the other knob without lock washers through the crossbar and tighten the lock knob into the rocker arm.



Tighten the resistance dials, hold the handles, and step onto the pedals. **Put on the nylon belt.** Exercise as described at the left. **CAUTION: When using the independent mode, be careful to control your movement and maintain your balance at all times.**

RESISTANCE ADJUSTMENT

To vary the intensity of your exercise in the dependent mode, the resistance of the AEROFLYER can be changed. To increase the resistance, turn the resistance dials clockwise. To decrease the resistance, turn the resistance dials counterclockwise.

